

Mighty Mississinewa Triathlon

September 12, 2015

We look forward to your participation in the 10th Annual Mighty Mississinewa Triathlon this year. We hope the enclosed information is useful in providing a positive experience for you. Proceeds for this event are placed in not-for-profit fund support programming, conservation, and management activities for future generations to use and enjoy in and around [Mississinewa Lake](#), Indiana Department of Natural Resources (IDNR).

Peru, Indiana

Saturday, September 12, 2015, 8:30 AM (Eastern Daylight Savings Time)

No Refund Policy

Funds generated from this event are dedicated to a charitable purpose, therefore there will be no refunds made. If it is determined by the race director that the event cannot be held on the scheduled day, no refunds will be made. The race director may choose however, to issue credits to affected participants for a future event.

Questions? Contact the Administrator

Contact: Larry A. Brown
Phone: 765-473-6528
Email: lbrown@dnr.IN.gov
Website: www.dnr.IN.gov/7610.htm

Location

The Miami State Recreation Area at Mississinewa Lake is the host site, which is located on the southwest end of Mississinewa's property. The lake is located 8 miles southeast of Peru or 9 miles east of US31 on Miami County Road 500 S. Address: 4673 S 625 E, Peru, IN 46970.

Temperatures/Wet Suits

September weather is typically great for a triathlon. Water temperatures range from 77 to 80 degrees. Air temperatures are very comfortable. Wet suits are always permitted, but are not needed.

USAT

Membership is not required.

Chip Timing and Results

Chip timing results will be posted on <http://mightymississinewatriathlon.itsyourrace.com/>

Individual times for the run, bike and swim will also be available. Transition times are not factored out.

Registration

There is a limit of 400 entries. There will be SAME DAY registration with additional \$10 fee, if space is still available. 10th Anniversary Heavy Weight Long Sleeve t-shirts can be purchased for \$25.00 online.

Teams

Team captains must complete the registration for all team members and be responsible for furnishing all team members with information and payment for the entire team. Be sure to list the team members in order as to the swim, bike, and run. Teams can consist of 2 or 3 members of any sex and combination. There will be Men's, Women's and Co-ed divisions.

Overall Winners

Overall race competitors must swim in the first wave of their gender: **Wave 1** with all men 34 and younger and Elites; **Wave 2** with all women 34 and younger and Elites. Older individuals who want to compete for the *overall winner awards* and prizes must choose the Elite division **with their registration or by email (lbrown@dnr.in.gov)**. Prizes and awards for 1st, 2nd, and 3rd place *overall winners* will range from \$50 to \$150 in retail value. Elite participants cannot win age group awards.

Age Group or Special Divisions

Age Group divisions in 5 year increments will receive 1st through 3rd place awards. First place winners will also select a prize.

(If you choose a special division, you will forfeit any age group prize for which you might have qualified.)

You may choose to participate in the following special divisions: Elite(Overall Race Competitors); Clydesdale (200lbs +); Athena (Women 165lbs +).

Teams will be given 1st and 2nd place awards.

PHOTO ID

All triathletes MUST SHOW PHOTO ID TO PICK UP THEIR RACE PACKET, unless prior arrangements have been made.

Packet Pickup

Packets may be picked up at the Miami Recreation Area Office on Friday, September 11th from 1:00 pm -8:00 pm and Saturday morning, September 12th from 7:00-7:30 am at the event area. Arrive early. YOU MUST SHOW PHOTO ID.

Mandatory Safety Meeting

Begins at 7:50 am Sept. 12 and will last 10 minutes at announcement area.

Transition Area

The transition area will be supervised. Only the participants will be able to be in the transition area, and will be the only ones to pick-up the bike and equipment. You must have your body ID match up with your bike ID number.

Race Course Characteristics

Swim- 500 yards - Provided color swim caps must be worn. Two corners out across and back, 6+ waves staggered, wet suits may be used. Six or more lifeguards and Indiana Conservation Officers will be on the water providing supervision, safety, and assistance.

Bike 16.6 mile - Loop on county roads with all right hand turns and 5 course safety stations. Bike helmets must be strapped at all times before-during-after the race to prevent disqualification. Race leaders will be led by an Indiana Conservation Officer Vehicle and a DNR vehicle will finish with the last rider. There will also be a sag vehicle for pick-up of mechanical emergencies and an EMT service for mechanical emergencies. There are also nine support stations along the bike route for assistance if necessary. **You must furnish your own water on the bike course.**

Run-3.75 miles - Rolling hills and well maintained trails. Runners must wear the race number in front. There are 3 water stations on the run course and monitors along the way.

Awards and Prizes

Grand prize awards presented to overall female and male 1st, 2nd, and 3rd place Elite winners and also to Clydesdale and Athena divisions. First place prizes given to five year age groups male and female winners, swim caps.

Kids run

Free. Begin at 8:10 a.m., ¼ mile, ages 10 and under, 11 – 14. Awards at same location as triathlon announcements.

Beach house

Showers and restrooms will be open for your convenience at the event site.

Recreation Area Entrance

Triathlon participant's vehicle entrance fees are waived; all other vehicles will pay the \$7.00 entrance fee, \$9 for out of state vehicles.

Parking

Parking is conveniently located at the event site. Traffic will be allowed to come and go immediately before and after the event. Vehicles attempting to leave the site during the event must expect delays.

Other Interests

Camp sites, Camping Cabins, Boating, Skiing, Fishing, Trails, and Concession Stand are all available to you. Bring the family.

Bike check and repair

Breakaway Bike & Fitness Shop will make minor repairs and have some equipment for sale. Have your bike in racing condition when you arrive. HELMETS ARE MANDATORY. Have your own water bottle for the bike portion. (Recumbent bikes may be used but will not be eligible for awards and prizes.)

Food and Refreshments

Food, drinks and water will be available as participants complete the event. This is for competitors and volunteers only. A concession is available for spectators.

Lodging

Lodging is available locally in the city of Peru, approximately 10 miles away.

2013 Leaders

Male – Matthew Burrell 1:14:50.5
Female – Kami Meador 1:29:31.4

2012 Leaders

Male – Ashley Kent 1:12:17.2
Female – Elizabeth Waterstraat 1:20:47.9

2011 Leaders

Male – Ashley Kent 1:12:16.9
Female – Kami Meador 1:24:45.6

Course Record:

Male - 1:11:38 - 2007 Mike Lavery;

Female – 1:20:47.9 – 2012 Elizabeth Waterstraat

Race Evaluations

Athletes are encouraged to complete the event evaluation form (located in the food area at the property) in order to help us improve this event.

Questions? Contact the Race Director

Larry A. Brown at lbrown@dnr.IN.gov

Further Directional Information

- Located in north central Indiana. 65 miles north of Indianapolis, 65 miles east of Lafayette, and 65 miles southwest of Fort Wayne.
- From Northwest Indiana: US31 South continue 5 miles on 31 past US24/Peru to 500S (If you reach Grissom, you went past 500S). East(Left) 9.5 miles on 500S across 19, Miami State Recreation Area on left.
- From North: US15 South into Wabash to 13.
South(Right) on 13 through Wabash, stay on 13 bearing right approx 3.5 miles to 124.
West(Right) 5.5 miles on 124 to 675W.
South(Left) 1 mile on 675W to Mississinewa Dam Road.
West(Right) 1 mile on Mississinewa Dam Road continue across dam to 550E.
South(Left) 1 mile on 550E to 500S.
East(Left) 1.25 miles on 500S, Miami State Recreation Area on left.
- From Northeast Indiana: US24 West to Wabash to 13.
South(Left) on 13 through Wabash, stay on 13 bearing right approx 3.5 miles to 124.
West(Right) 5.5 miles on 124 to 675W.
South(Left) 1 mile on 675W to Mississinewa Dam Road.
West(Right) 1 mile on Mississinewa Dam Road continue across dam to 550E.
South(Left) 1 mile on 550E to 500S.
East(Left) 1.25 miles on 500S, Miami State Recreation Area on left.
- From Southwest Indiana: US31 North continue 1 mile past Grissom Air Reserve Base to 500S.
East(Right) 9.5 miles on 500S across 19, Miami State Recreation Area on left.
- From South /Southeast Indiana: US13 North to Highway 18.
West(Left) 5.5 miles on 18 through Converse to 19.
North(Right) 9.5 miles on 19.
East(Right) 2.5 miles on 500S, Miami State Recreation Area on left.